



Where are the senior classes listed?

Classes and programs designed with older adults in mind are now incorporated throughout the Recreation Guide with all other programs.

Look for the initials “RSC” preceding the class title.



You can live a full and active life



Redmond Senior Center (RSC)

City of Redmond, Parks and Recreation
8703 160th Ave NE, Redmond WA

Call 425-556-2314
for more information



The RSC is here to help

The Redmond Senior Center (RSC) is here to serve the needs of Redmond’s adults, ages 50 or better. We offer a long list of programs, activities, and services including free interest groups, fee-based classes, special events, informational workshops and drop-in amenities.

Read all about it!

Looking for senior activities and programs? The RSC News covers it all.

Only \$12 a year, subscribe now by calling 425-556-2314.

Here’s a sample of what’s between the covers of the RSC News:

Fee-Based Classes

Ballroom Dance
Bridge
Bunka Embroidery
Drawing & Watercolor
Driftwood Sculpture
Guitar Lessons
Knitting & Crocheting
Nia Movement
Paper Crafting
Piano Lessons
Senior Cardio
Senior Strength
Tap Dance
T’ai Chi

Writing

Yoga

Zumba Gold

Interest Groups

Bingo

Book Club

Bridge

Chess

Chorus

ESL

Genealogy

Line Dancing

Needle Arts

Open Art Studio

Pinochle & Canasta

Quilting

Table Tennis

Tennis

Trail Walking

Wellness Partnerships

Blood Pressure Checks

Foot Care

Legal Assistance

Health presentations by

Evergreen Hospital

Overlake Hospital

Health Insurance Help

Transit Training

Hours

Monday – Thursday

8:30am-9pm

Friday

8:30am-4:30pm



Nutrition Programs

Daily Hot Lunch

Suggested donation of \$3 for those age 60 and older, monthly menus available at the RSC

Meals on Wheels

Call 425-556-2388
for more information